An A.B.C. for children

HEere is an A,B,C, deuised with sillables, with the Pater noster, the Creed & the ten Commaundements in English.

¶ And by this Booke, a man that hath good capacitie, and can no letter in the Book, may learne to read in the space of sixe weekes, both Latin and English, if he giue thereto good diligence, as it hath bene diuers times proued. Also you may learne therby to write English truely and to knowe the true Ortographie of the Englishe tung.

✠.A.b.c.d.e.f.g.h.i.k.l.m.n.o.p.q r.ſ.s.t.v.u.w x.y. z.ꝛ.ꝰ.Est.Amen.

A.B.C.D.E.F.G.H.I.K.L.M.N.O.P.Q.R,S.T. V.W.X.Y.Z.

¶ In the name of the Father, and of the Sonne, and of the holy Ghoast, Amen.

a	e	i	o	v	a	e	i	o	v
ab	eb	ib	ob	vb	an	en	in	on	vn
ac	ec	ic	oc	vc	ap	ep	ip	op	vp
ad	ed	id	od	vd	ar	er	ir	or	vr
af	ef	if	of	vf	as	es	is	os	vs
ag	eg	ig	og	vg	at	et	it	ot	vt
ak	ek	ik	ok	vk	au	eu	iu	ou	vu
al	el	il	ol	vl	ar	er	ir	or	vr
am	em	im	om	vm	ay	ey	oy		

Ba de bi bo bu
Ca ce ci co cu
Da de di do du
Fa fe fi fo fu
Ga ge gi go gu
Ja ie ii io iu
Ka ke ki ko ku
La le li lo lu
Ma me mi mo mu
Na ne ne ni no nu
Pa pe pi po pu
Qua que qui quo
Ra re ri ro ru
Sa le si so su
Ta te ti to tu
Ua de bi bo bu
wa we wi wo wu
Xa Xe Xi Xo Xu
Ya ye yo yu
Za ze zi zo zu

Bab beb bib bob bub
Bac bec bic boc buc
Bad bed bid bod bud
Bak bek bik bok buk
Bag beg big bog bug
Bak bek bik bok buk
Bal bel bil bol bul
Bam bem bim bom bum
Ban ben bin bon bun
Bap bep bip bop bup
Bar ber bir boz bur
Bas bes bis bos bus
Bat bet bit bot but

Bau beu bou
Bax bex bix box bux
Bay bey boy

Cab ceb cib cob cub
Cac cec cic coc cuc
Cad ced cid cod cud
Cat cek cik cok cuk
Cag ceg ceg cig cog cug
Cak cek cik cok cuk
Cal cel cil col cul
Cam cem cim com cum
Can cen cin con cun
Cap cep cip cop cup
Car cer cir coz cur
Cas ces cis cos cus
Cat cet cit cot cut
Cau ceu cou
Cax cex cix cox cux
Cay cey coy

Dab deb dib dob dub
Dac dec dic doc duc
Dad ded did dob dud
Dak dek dik dok duk
Dag deg gig dog dug
Dal del dil dol dul
Dam dem dim dom dum
Dan den din don dun
Dap dep dip dop dup.
Dar der dir doz dur
Das des dis dos dus
Dat det dit dot dut
Dau deu dou

Dax

Dax der dix dox dux
Day dey doy duy

Fab feb fib fob fub
Fac fec fic foc fuc
Fad fed fid fod fud
Fag feg fig fog fug
Fak fek fik fok fuk
Fal fel fil fol ful
Fam fem fim fom fum
Fan fen fin fon fun
Fap fep fip fop fup
Far fer fir foz fur
Fas fes fis fos fus
Fat fet fit fot fut
Fau fey fou
Fax fex fix fox fux
Fay fey foy fuy

Gab geb gib gob gub
Gac gec gic goc guc
Gad ged gid god gud
Gaf gef gif gof guf
Gag geg gig gog gug
Gak gek gik gok guk
Gal gel gil gol gul
Gam gem gim gom gum
Gan gen gin gon gun
Gap gep gip gop gup
Gar ger gir goz gur
Gas ges gis gos gus
Gat get git got gut.
Gau geu gou
Gax gex gix gox gux

Gay gey goy

Hab heb hib hob hub
Hac hec hic hoc huc
Had hed hid hod hud
Haf hef hi hof huf
Hag heg hig hog hug
Hak hek hik hok huk
Hal hel hil hol hul
Ham hem him hom hum
Han hen hin hon hun
Hap hep hip hop hup
Har her hir hoz hur
Has hes his hos hus
Hat het hit hot hut
Hau heu hou
Hax hex hix hox hux
Hay hey hoy

Jab ieb iib iob iub
Jac iec iic ioc iuc
Jad ied iid iod iud
Jaf ief iif iof iuf
Jag ieg iig iog iug
Jak iek iik iok iuk
Jal iel iil iol iul
Jam iem iim iom inm
Jan ien iin ion iun
Jap iep iip iop iup
Jar ier iir ioz iur
Jas ies iis ios ius
Jat iet iit iot iut
Jax iex iix iox iux
Jay iey ioy

kab keb kib kob kub
kac kec kic koc kuc
kad ked kid kod kud
kaf kef kif kof kuf
kag keg kig kog kug
kak kek kik kok kuk
kal kel kil kol kul
kam kem kim kom kum
kau ken kin kon kun
kap kep kip kop kup
kar ker kir koꝛ kur
kas kes kis kos kus
kat ket kit kot kut
kau keu kou
kax kex kix kox kux
kay key koy

Mab meb mib mob mub
Mac mec mic moc muc
Mad med mid mod mud
Maf mef mif mof muf
Mag meg mig mog mug
Mak mek mik mok muk
Mal mel mil mol mul
Mam mem mim mõ mum
Man men min mon mun
Map mep mip mop mup
Mar mer mir moꝛ mur
Mas mes mis mos mus
Mat met mit mot mut
Mau meu mou
Max mex mix mox mux
May mey moy

Lab leb lib lob lub
Lac lec lic loc luc
Lad led lid lod lud
Laf lef lif lof luf
Lag leg lig log lug
Lak lek lik lok luk
Lal lel lil lol lul
Lam lem lim lom lum
Lan len lin lon lun
Lap lep lip lop lup
Lar ler lir loꝛ lur
Las les lis los lus
Lat let lit lot lut
Lau leu lou
Lax lex lix lox lux
Lay ley loy

Nab neb nib nob nub
Nac nec nic noc nuc
Nad ned nid nod nud
Naf nef nif nof nuf
Nag neg nig nog nug
Nak nek nik nok nuk
Nal Nel Nil Nol Nul
Nam nem nim nom num
Nan nen nin non nun
Nap nep nip nop nup
Nar ner nir noꝛ nur
Nas nes nis nos nus
Nat net nit not nut
Nau neu nou
Nax nex nix nox nux
Nay ney noy

Pab ped pib pob pub
Pac pec pic poc puc
Pad ped pid pod pud
Pak pek pik pok puk
Pag peg pig pog pug
Pak pek pik pok puk
Pal pel pil pol pul
Pam pem pim pom pum
Pan pen pin pon pun
Pap pep pip pop pup
Par per pir por pur.
Pas pes pis pos pus
Pat pet pit pot put
Pau peu pou
Pax pex pix pox pux
Pay pey poy puy

Rab reb rib rob rub
Rac rec ric roc ruc
Rad red rid rod rud
Rak rek rik rok ruk
Rag reg rig rog rug
Rak rek rik rok ruk
Ral rel ril rol rul
Ram rem rim rom rum
Ran ren rin ron run
Rap rep rip rop rup
Rar rer rir ror rur
Ras res ris ros rus
Rat ret rit rot rut
Raw rew row
Rax rex rix rox rux
Ray rey roy

Quab queb quib quob
Quac quec quic quoc
Quad qued quid quod
Quak quek quik quok
Quag queg quig quog
Quak quek quik quok
Qual quel quil quol
Quam quem quim quom
Quan quen quin quon
Quap quep quip quop
Quar quer quir quor
Quas ques quis quos
Quat quet quit quot
Quau queu
Quax quex quix quox
Quay quey quoy

Sab seb sib sob sub
Sac sec sic soc suc
Sad sed sid sod sud
Sak sek sik sok suk
Sag seg sig sog sug
Sak sek sik sok suk
Sal sel sil sol sul
Sam sem sim som sum
San sen sin son sun
Sap sep sip sop sup
Sar ser sir sor sur
Sas ses sis sos sus
Sat set sit sot sut
Sau sey sou
Sax sex six sox sux
Say sey soy

Tab teb tib tob tub
Tac tec tic toc tuc
Tad ted tid tod tud
Taf tef tif tof tuf
Tag teg tig tog tug
Tak tek tik tok tuk
Tal tel til tol tul
Tam tem tim tom tum
Tan ten tin ton tun
Tap tep tip top tup
Tar ter tir tor tur
Tas tes tis tos tu
Tat tet tit tot tut
Tau teu tou
Tax tex tix tox tux.
Tay tey toy

Wab web wib wob wub
Wac wec wic woc wuc
Wad wed wid wod wud
Waf wef wif wof wuf
Wag weg wig wog wug
Wak wek wik wok wuk
Wal wel wil wol wul
Wam wem wim wō wum
Wan wen win won wun
Wap wep wip wop wup
War wer wir wor wur
Was wes wis wos wus
Wat wet wit wot wut
Wau weu wou
Wax wex wix wox wux
Way wey woy

Vab veb vib vob vub
Vac vec vic voc vuc
Vad ved vid vod vud
Vaf vef vif vof vuf
Vag veg vig vog vug
Vak vek vik vok vuk
Val vel vil vol vul
Vam vem vim vom vum
Van ven vin von vun
Vap vep vip vop vup
Var ver vir vor vur.
Vas ves vis vos vus
Vat vet vit vot vut
Vau veu viu vou
Vax vex vix vox vux
Vay vey voy vuy

Yab yeb yib yob yub
Yac yec yic yoc yuc
Yad yed yid yod yud
Yaf yef yif yof yuf
Yag yeg yig yog yug
Yak yek yik yok yuk
Yal yel yol
Yam yem yom
Yan yen yon
Yap yep yop
Yar yer yor
Yas yes yos
Yat yet yot
Yau yeu you
Yax yex yox
Yay yey yoy

Zab zeb zib zob zub
Zac zec zic zoc zuc
Zad zed zid zod zud
Zaf zef zif zof zuf
Zag zeg zig zog zug
Zak zek zik zok zuk
Zal zel zil zol zul
Zam zem zim zom zum
Zan zen zin zon zun
Zap zep zip zop zup
Zar ze r zir zor zur
Zas zes zis zos zus
Zat zet zit zot zut
Zau zeu ziu zou
Zaz zez ziz zoz zuz
Zay zey zoy

¶ Conſonantes that goe before the vowels.

Bza bze bzi bzo bzu
Dza dze dzi dzo dzu
Gra gre gri gro gru
Tra tre tri tro tru
Cla cle cli clo clu
Gla gle gli glo glu
Pla ple pli plo plu
kna kne kni kno knu
Ska ſke ſki ſko ſku
Sna ſne ſni ſno ſnu
Spa ſpe ſpi ſpo ſpu
Squa ſque ſqui ſquo
Twa twe twi two
Stra ſtre ſtri ſtro ſtru
Spza ſpze ſpzi ſpzo ſpzu
Thza thze thzi thzo thzu
Thwa thwe thwi thwo
Cra cre cri cro cru
Fra fre fri fro fru
Pza pze pzi pzo pzu
Bla ble bli blo blu
Fla fle fli flo flu
kla kle kli klo klu
Sla ſle ſli ſlo ſlu
Sha ſhe ſhi ſho ſhu
Sma ſme ſmi ſmo ſmu
Shza ſhze ſhzi ſhzo ſhzu
Sta ſte ſti ſto ſtu
Cha che chi cho chu
Gua gue gui guo
Spla ſple ſpli ſplo ſplu
Tha the thi tho thu
Twa twe twi two
Wza wze wzi wzo

¶ Conſonantes that dow follow the vowels.

Abs ebs ibs obs vbs
Ads eds ids ods vds
Aft eft ift oft vft
Ags egs igs ogs vgs
Alk elk ilk olk vlk
Alp elp ilp olp vlp
Alt elt ilt olt vlt
Amb emb imb omb vmb
Anc enc inc onc vnc
Ast est ist ost vst

Ach ech ich och vch	Arbs erbs irbs orbs vrbs
Agh egh igh ogh vgh	Arps erps irps orps vrps
Alb elb ilb olb vlb	Art ert irt ort vrt
Alg elg ilg olg vlg	Ard erd ird ord vrd
Als els ils ols vls	Ark erk irk ork vrk
Alx elx ilx olx vlx	Arg erg irg org vrg
Amp emp imp omp vmp	Arl erl irl orl vrl
Ank enk ink onk vnk	Arm erm irm orm vrm
And end ind ond vnd	Arn ern irn orn vrn
Ang eng ing ong vng	Ars ers irs ors vrs
Ans ens ins ons vns	Art ert irt ort vrt
Ant ent int ont vnt	Ark erk irk ork vrk
Anx enx inx onx vnx	Asp esp isp osp vsp
Aps eps ips ops vps	Ast est ist ost vst
Arb erb irb orb vrb	Ats ets its ots vts

¶ Hær follow seauen Vowels, which of necessitie wæ must vse nædes in the English tung.

a.e.i.o.u.w.æ.

¶ Hære followe their dipthonges which of necessitie wee must nædes vse for the Englishe tung.

ay.au.æ.ey.eu.ya.yo.w.ou.

¶ Of the single (e) and double (æ) and of the single o and bouble w. When the one and the other ought to be writ ten. The single e, when he commeth alone in the latter end of a Sillable, or els with a Consonant after him: should be sound shorte and out of the mouth, as when I saye thus. This beaste I se, this Conny I se, I break my hed, I goe to bed, I hurt my leg, this man doth beg All these wordes in the latter end of these rimes (that is) se, se, hed, bed, leg, beg, are sounded open without the mouth and somewhat shorte, therfore they would

be

be written with single (e) as the Italians vse to sound the single (e) and so we ought to teach Children to sound it in learning their Crosrowe. But when I say thus, beholde I sæ, I knæle on my knæ, this birde doth bræde, my nose doth blæd, this man I wæn, is sick in the splæn, all these woordes in the latter end of these times, (that is to saye) knæ, bræde, blæd, wæn, splæn, are sounded close within the mouth, and somewhat more prolonged, therfore they would be written with the double (æ) for it is more conuenient to prolong the double (æ) then the single (e) and also more conuenient to make short the single (e) and not the double (æ) and the same rule would be obserued in the single (o) and the double (œ) for when I saye thus. Abarraine Do, is as swift as a Ro. I swue wel God, smite with ỹ rod. These woords do, ro, god, rod would be written wt̃ single (o) But when I say this woman I wœ, this wœrke I dœ, the blessed rood amend your mood, these woordes wœ, dœ, rood, mood would be writtẽ with double (œ) and so ỹ double (œ) ought to be sounded long, and within the mouth, & the single (e) short and out of the mouth, and we ought to teach our children to sounde the single (o) in learning them the Crosrowe as the Italians sound it. Neuertheles there is many woordes in English that men vse to sound sometime after the single (e) and sometime after the double (æ) and so in tune after the single (o) and sometime after the double (œ) yee may write them with single (e) or double (æ) and with single (o) or double (œ) at your pleasure.

When the single (e) should be written in the latter end of an English woord to perfourme the sound, and when it should not.

¶ There is other woords in our English tung written with single (e) and sounded open out of the mouth and prolonged, as when I saye thus. By counsaile and rede

I walked in a mede of ten Acres brede. These woordes rede, mede, brede, because they are sounded open out of the mouth they ought to be written with single (e) and because they are prolonged in sonnd, they ought to haue an other single (e) in the latter end of the sillable to prolong the sound, which wee vse oftetimes in the English tung, throughout the fiue Uowelles. As when I saye thus. In the water I wade, I walke in the shade, my bowe is weake, I will it breake, this pere is ripe, giue it a stripe, full weil I hope to drinke a sope, my Purse of tuke, was made in luke. All these woords, wade, shade, weake, breake, ripe, stripe, hope, sope, tuke luke, are sounded out of the mouth, and prolonged by putting to the single (e) in the latter end of the sillable. But if that (e) be put away: then shall the sillables be sounded short as wad, shad, wek, brek, rip, strip, hop, sop, &c. Also in these poutes the Englishe tung is much more to be praised then the French, because in French they write ofttimes many Lettrs that leese their proper sound, but in Englishe we vse to write no letter but they are sounded, except it be in certaine woordes vsed of late, which are borowed of the French tung, which shall greatlye hurt the English tung if it be so continued. For in the Latin tung and other substantiall congrue languages, they vse seldome such errors.

¶ Also you must vnderstand that most commonly so oft as this letter (s) commeth single in the midst of any word, or the latter end hauing this letter (e) immediatly following (s) the (s) shall beare the sound of (z) as example, to muse much maseth the minde.

¶ The Dipthonges for the Englishe tung.
Ay, au, æ, ey, eu, y a, ye, yo, w, oy, ou.

And

Aid maid raid fraid rain brain swain.
Hail wail rail ait wait strait hait haid.
Rained wair aik.

This dipthong au is oft written in English with w.

Au Aud baud fraud gaun gaunt graunt awn haunt saunt fraunt.

Ee Flee gree fæ hæd mæd græk week cræp swæp wæp.

Ey Eyl eyld heyl reyk weyk teyk seyn heyn treyn heyr feyr.

This dipthong eu is written in English with w.

Eu Eue lewd shrewd lewt rewin fewl new

Ya Yate yeath,

Ye Yel yeld yest.

Yo You youth yole.

Oo Oo woo brood good stood wood hook look book shook took fool pool sool tool toom boon moon soon.

Oy Roy soy lay soyl oyl foyl coyk soys noys.

¶ This dipthong ou, written in English with w.

Ou Lowd clowd town sownd fower tower shower owl knowl bowl sows mows rowt, dowt showt tows frows:

English Terminations.

Ach ech ich och vch
Ath eth ith oth vth
Ash esh ish osh vsh
Agh egh igh ogh vgh
Aght eght ight ought vght.
Bath crath kath lath math path tath snath
Bache lache crache brache tache.

Bech kech, reech thech
Beche keche reche leche teche peche
Bæch kæch, kæch kæch
Bych pych lych mych rich tych stych wych which
Byche pyche tyche riche diche whiche miche
Boche loche poche moche roche
Buch duch gruch luch much
Bagh lagh bagh legh ſagh nigh bogh dogh
Kogh bagh hagh mugh
Aght kaht taght beght keght ſlight weght bight
Sight night wight oight fought nought bught lught
Baſh daſh laſh maſh naſh raſh waſh traſh
Flaſh raſh beſh freſh ſteſh, neſh biſh diſh
Syſh wiſh riſh boſh doſh thzoſh froſh noſh
Buſh duſh fruſh luſh ruſh thzuſh
Bath lath math blath grath rath
Bathe lathe mathe blathe grathe rathe
Beth neth heth leth wzeth neth queth sheth beth
Wzeeth beeth ſeeth teeth
Both hoth wzoth looth twth
Buth ruth buthe ruthe truthe
Bab bebe bik bake bal bale ban bane
Bas baſe bat bate
Bred bzede bzæd mede meed red rede reed
Bib bibe hid hide rid ride dik dike fil file
Bob bobe boobe God gode good rod rode rwd
Bub bube rud rude lud lude mul mule.

¶ Hære follow certaine bzeuiatures that may be ſpelled alone, and ſome that cãnot be ſpelled but in other wzzds and examples of the ſame.

¶ ã, am, an, ẽ, em, en, l, im, in, õ, om, on, ũ, vm, vn, p, par, q̃, que, p̃ pzo, q̃, quod, q̃, quam, &, and, ⁹, vs, ẏ, that, ẏ, the, ÿ, thou, w̃ with.

The seauen petitions of the Pater noster in Latin and English.

PAter noster qui es in cœlis: sanctificetur nomen tuum, Adueniat regnum tuum. Fiat voluntas tua, sicut in cœlo & in terra. Panem nostrum quotidianum da nobis hodie. Et dimitte nobis debita nostra, sicut & nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem. Sed libera nos a malo. Amen.

OUr Father which art in Heauen halowed be thy name. Thy kingdome come. Thy will be done in Earth as it is in Heauen. Giue vs this daye our daylye breade. and forgiue vs our trespasses, as we forgiue them that trespas against vs. And lead vs not into temptation. But deliuer vs from euill. So be it.

¶ The Articles of the faith.

CRedo in Deum patrem omnipotentem, creatorem cœli & terræ, Et in Iesum Christum filium eius vnicum dominum nostrum. Qui conceptus est de spiritu sancto. Natus ex Maria virgine. Passus sub Poncio Pilato. Crucifixus mortuus & sepultus. Descendit ad inferna, tertia die resurrexit a mortuis. Ascendit ad cœlos, sedet ad dexteram dei patris omnipotentis. Inde venturus est iudicare viuos & mortuos. Credo in spiritum sanctum, sanctam ecclesiam catholicam, sanctorũ communionem, remissionem peccatorum, carnis resurrectionem. Et vitam eternam. Amen.

I Beleeue in God the father almighty, maker of heauen and Earth. And in Iesus Christ his onely Sonne our Lord. Which was conceiued by the holy Ghoast, borne of the Virgin Mary, suffered vnder Ponce Pilate, was

crucified, dead and buried, he descended into hell. The third day he rose againe from the dead. He ascended into Heauen, and sitteth on the right hand of God the Father almighty. From thence he shall come to iudge the quick and the dead. I beleeue in the holy Ghost. the holy catholick Church. The communion of saints. The forgiuenes of sinnes. The resurrection of the body. And the life euerlasting Amen.

¶ The ten commaundementes of almighty God.

I Am the Lord thy God which haue brought thee out of the land of Egipt, out of the house of bondage.

1 Thou shalt haue none other Gods but me.

2 Thou shalt not make to thy selfe any grauen Image, nor the likenes of any thing that is in Heauen aboue or in the earth beneath, or in the water vnder the earth, Thou shalt not bow downe to them nor worship them, for I the Lord thy God am a gelous God, and visite the sinnes of the Fathers vpon the Children, vnto the third and fourth generation, of them that hate me and shewe mercy vnto thousandes, in them that loue me and keepe my commaundementes.

3 Thou shalt not take the name of the Lord thy God in vaine, for the Lord will not holde him giltles that taketh his name in vaine.

4 Remember that thou keepe holy the Sabboth day, six dayes shalt thou labour and do all that thou hast to do: but the seauenth daye is the Sabboth of the Lord thy God. In it thou shalt do no manner of worke, thou and thy Sonne and thy Daughter, thy Man seruant, and thy Maide Seruant, thy Cattell and the Straunger that is within thy Gates, for in sixe dayes the LORD made

made heauen and earth, the Sea and all that in them is, and rested the seauenth day. Wherefore the Lord blessed the seauenth day and hallowed it.

5 Honor thy Father and Mother that thy deies may be long in the Land which the Lord thy God giueth thæ.

6 Thou shalt dw no murder. 7. Thou shalt not commit adultrie. 8. Thou shalt not steale. 9 Thou shalt not beare falce witnes against thy neighbour.

10. Thou shalt not couet thy Neighbours house, thou shalt not couet thy neighbours wife, nor his seruant. nor his Maide, nor his Oxe, nor his Asse, nor any thing that is his.

¶ A prayer before meat.

O Merciful Father, the which nourishest al creatures, fæde vs with thy giftes, that we misuse them not, but being strengthened thereby to all honest labour and good workes, may liue vertuously & godlily in thy light, thorowe Christ our Lord. Amen.

¶ A Prayer after meat.

WE thanke thæ Lord God heauenlye Father, for thy manyfolde benefites, and we beseche thæ further, that as thou hast fed our bodies with corporall meate, so thou wilt also fatherlye maintaine our soules alwaye in true faith and knowledge of thæ, through thy dærlye beloued sonne Jesus Christ.

Hær after follow Precepts of good liuing.

Feare God.
Loue God.
Kæpe his commoundements truely.
Loue thy Neighbour as thy selfe.
Dw to thy Neighbour as thou wouldst be dwn vnto.
Be not enuious at the prosperitie of thy Neighbour.
Thou shalt beare no false witnes against thy neighbour.
Serue God dayly with some prayer.

Bridle

Bridle the affections of thy minde.
Subdue thy sensuall appetites.
Thrust downe pride.
Refraine thy wrath.
Forget trespasses.
Beleeue and trust in Christ Jesu.
Call oft for grace of the holy Ghoast.
Loue peace and equitie.
Dread the iudgmēt of God.
Trust in the mercy of God.
Be alwaies well occupied.
Lose no time.
Stand in grace.
Forgiue gladly.
Chastice thy body.
Be sober at thy mouth.
Be sober of meat and drink.
Be sober of talking.
Flee swearing.
Flee foule laughing.
Loue cleanlynes & chastitie.
Vse honest company.
Beware of ryot.
Spend measurably.
Flee dishonestie.
Be true in word and deed.
Reuerence thine Elders.
Obey thy superiours.
Be fellow to thine equall.
Be benigne and louing to thine inferiours.
Loue all men of God.
Loue peace and equitie.
Think of death.
Dread the iudgmēt of God.
Euer take a fresh new good purpose.
Perseuer constantly.
Vse oftentimes confessiō.
Sorrow for thy sinnes.
Wash cleane.
Aske oft mercy.
Be no sluggard
Awake quickly.
Make thee rich with vertue
Learne diligently.
Teach that thou hast learned louingly,
By this way thou shalt cōe to grace and glory.

Amen.

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for Abraham Veale, dwelling in Paules Churchyard at the signe of the Lamb.